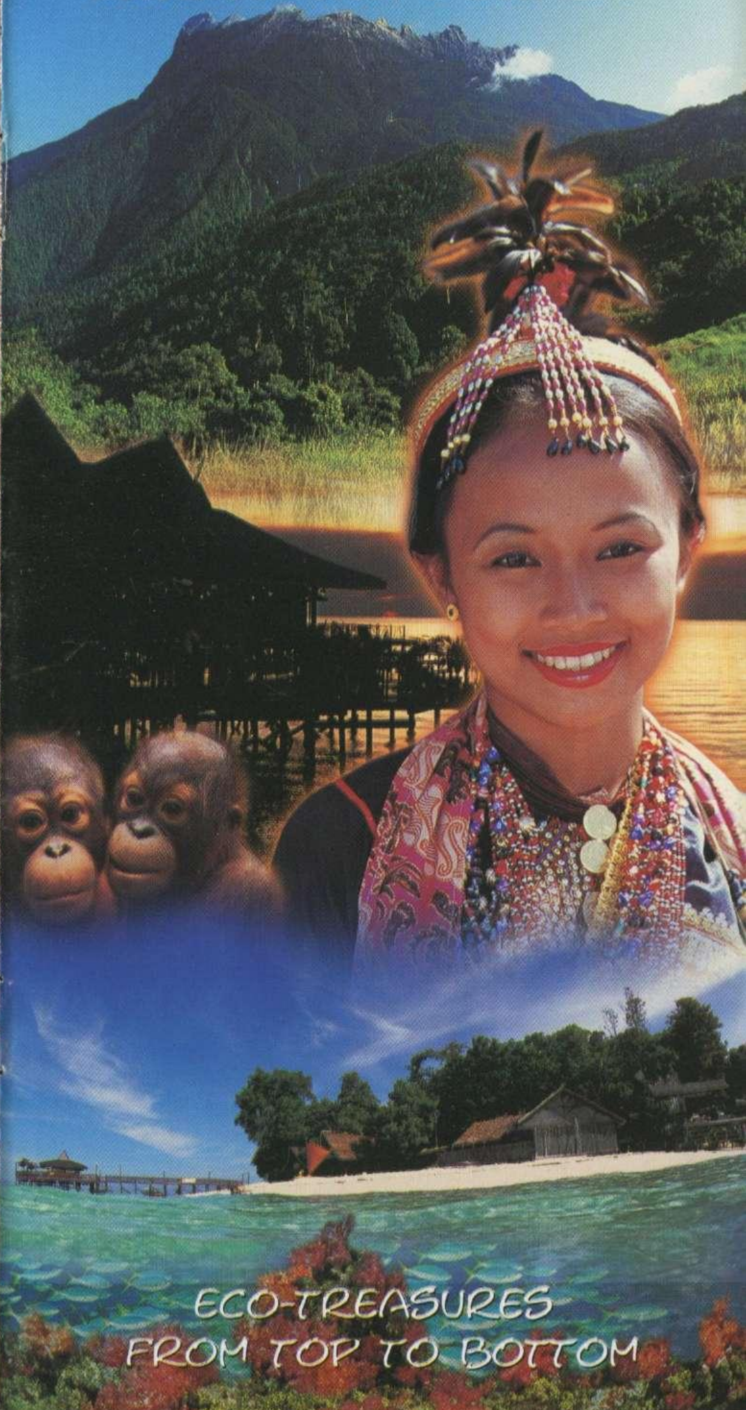
SABAH
MALAYSIAN BORNEO

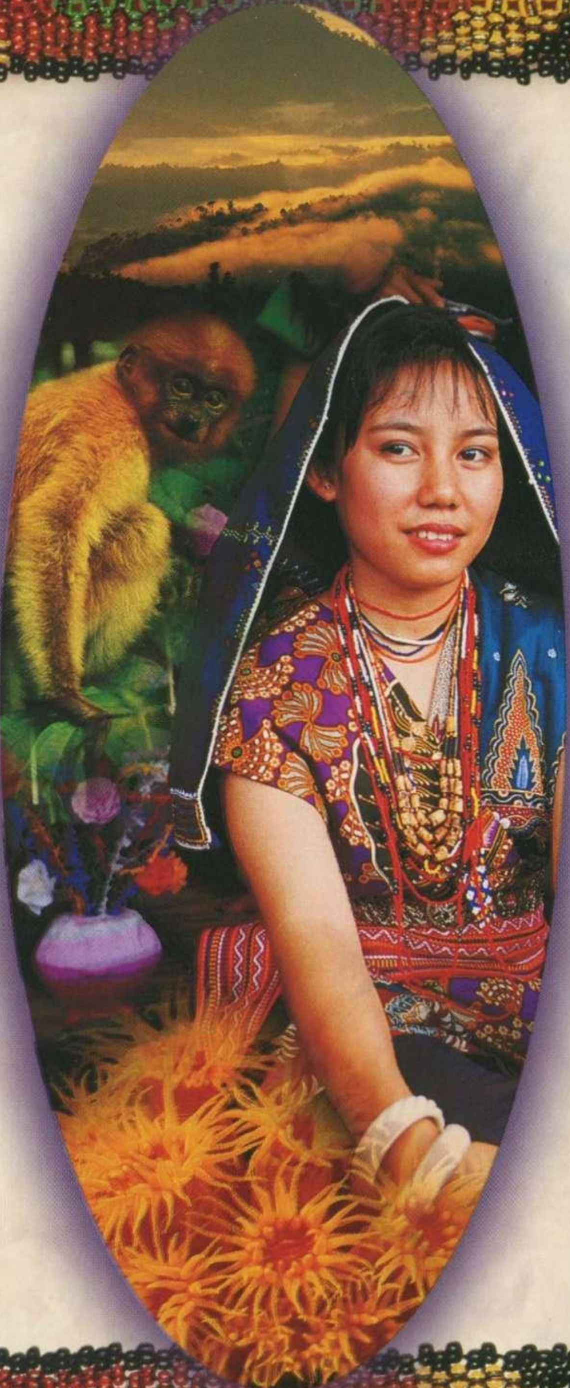



ECO-TREASURES
FROM TOP TO BOTTOM



CONTENTS





SA
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e-m

Ho
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e-m

2-S

Ho
Tel

Ho
Tel

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Ho
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Tel

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Sib
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LA

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ECO-TREASURES DISCOVERED IN BORNEO.

*D*eep in our hearts, we all dream of a tropical haven. Pure, green, pristine. At the same time, unspoilt and untouched by the problems of modern life still.

Welcome to Sabah, the land of eco-treasures. Where you can climb to the awesome peak of the highest mountain in the region. Play with the orang utan, "the wild man of Borneo", in the largest such sanctuary in the world. Admire the rafflesia, the largest flower in the world in rainforests that are millions of years old. Dive into some of the world's best underwater wonderlands.

Where you also meet some of the friendliest, warmest people in the world. And join in their colourful festivals and traditions that will take you back centuries.

If you yearn for the exhilarating sense of adventure, Sabah is the perfect place for jungle trekking, cave exploration, white-water rafting, mountain climbing or deep sea diving. Your taste for exotic culture will be more than sated by the numerous ethnic customs and celebrations which include living in longhouses and the potent rice wine called "lihiing" or "hiing". You can of course just laze all day on a secluded beach or tee off in a championship golf course in any of the many world-renowned holiday resorts.

So why dream of eco-treasures when you can experience the wonders of it all? In Sabah, Malaysian Borneo.



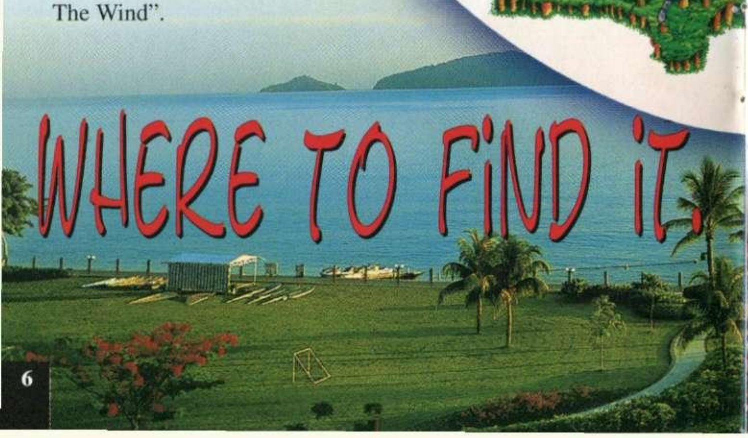
*S*abah sits at the tip of Borneo, the world's third largest island. Its coastline of 1,440 km. (900 miles), washed by the South China Sea on the West and the Sulu Sea and Celebes Sea on the East, encloses an inland area of 74,500 sq. km. (29,399 sq. miles).

Lying just north of the equator, Sabah enjoys a sunny tropical climate where it's summer all year round. Daily temperatures range from 74 to 90 degrees Fahrenheit (23 to 33 degrees Centigrade), with cooler weather up in the mountains.

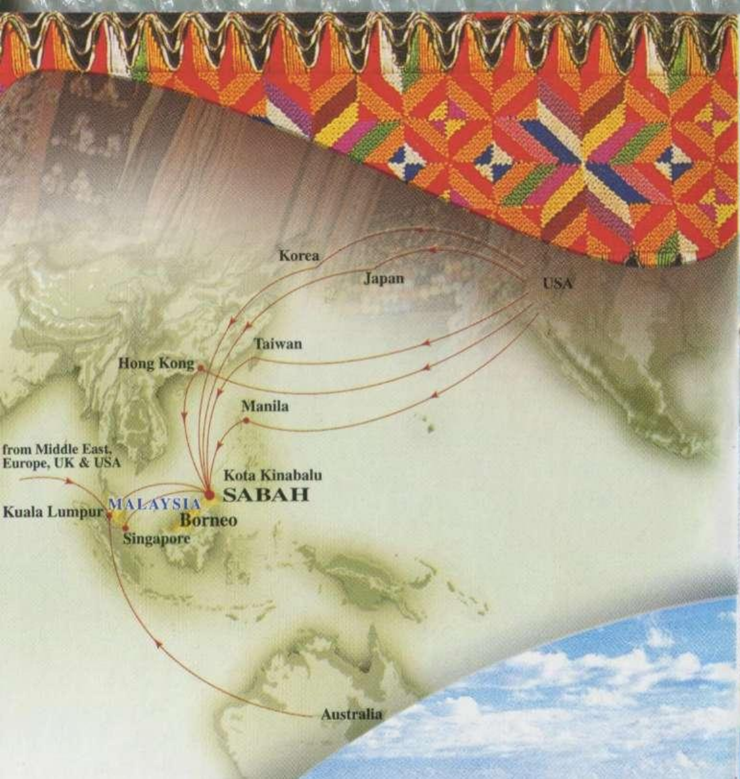
A land blessed with nature's most bountiful treasures, Sabah is also known by the famed romantic name of "The Land Below The Wind".



WHERE TO FIND IT.




KUDAT
LAYANG-LAYANG
LANGKON
PITAS
KOTA MARUDU
KOTA BELUD
MT. KINABALU
TURTLE ISLANDS PARK
MENGKABONG
PULAU BERHALA
TUARAN
SEPILOK
KOTA KINABALU
SANDAKAN
KUNDASANG
TELUPID
RANAU
GOMANTONG CAVE
SUKAU
PAPAR
KINABATANGAN RIVER
TAMBUNAN
SEGAMA RIVER
MT. TRUSMADI
KENINGAU
PADAS RIVER
LAHAD DATU
MALIAU BASIN
DANUM VALLEY
SEPULUT
KEMABONG
SEMPORNA
SEMPORNA ISLANDS PARK
PENSIANGAN
TAWAU
MABUL
PULAU SIPADAN


Korea
Japan
USA
Taiwan
Hong Kong
Manila
from Middle East,
Europe, UK & USA
Kota Kinabalu
SABAH
MALAYSIA
Kuala Lumpur
Borneo
Singapore
Australia

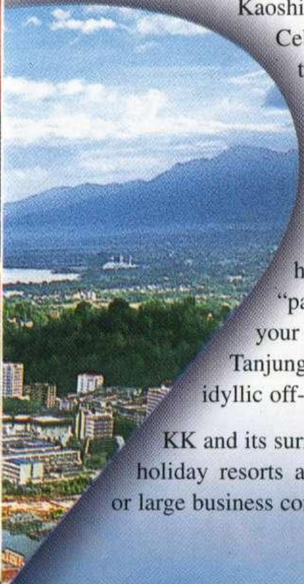






HOW TO GET THERE.

Kota Kinabalu, the state capital, is the modern gateway to the rest of Sabah. Direct flights between KK (the name by which Kota Kinabalu is fondly called) and the regional capitals of Kuala Lumpur, Singapore, Tokyo, Seoul, Taipei, Kaoshiung, Hong Kong, Brunei, Manila and Cebu, make Sabah easily accessible to travellers everywhere.



Largely destroyed during the Second World War, KK has since developed into a thriving modern city. Places of interest include the State Museum, the State Mosque, the Gaya Street Fair held every Sunday morning and the "pasar malam" where you can polish up your bargaining skills. Nearby are the popular Tanjung Aru Beach, quaint water villages and idyllic off-shore islands.

KK and its surroundings are well served by world class holiday resorts and hotels for a relaxing private retreat or large business conference.



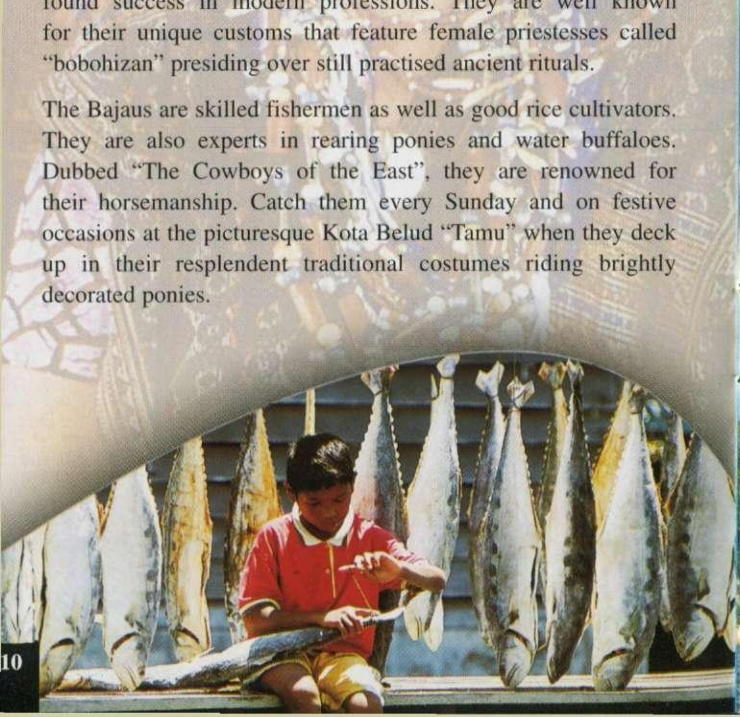


THE CAREFREE PEOPLE YOU MEET.

What kind of people live in the land of eco-treasures? All kinds, colours and creeds. The population of about 2 million comprises over 30 different races speaking over 80 local dialects. The beautiful thing is all these diverse ethnic groups live together harmoniously while at the same time preserving their own culture, traditions, festivals and customs, to make Sabah a multiculturally exotic experience unlike any other.

The largest ethnic group, the Kadazans/Dusuns, make up about a third of the population. These are the prosperous agricultural rice producers of Sabah, although in recent times, many have found success in modern professions. They are well known for their unique customs that feature female priestesses called "bobohizan" presiding over still practised ancient rituals.

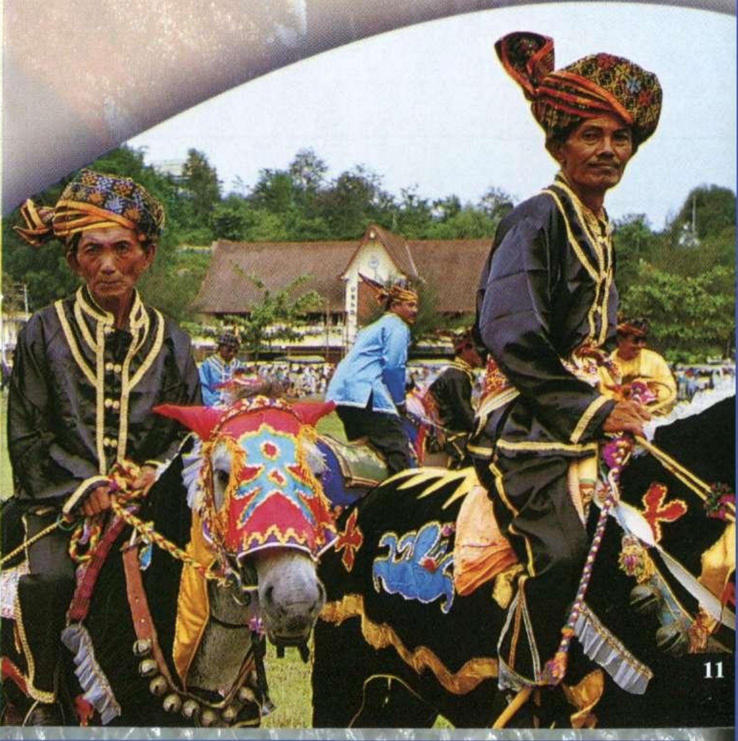
The Bajaus are skilled fishermen as well as good rice cultivators. They are also experts in rearing ponies and water buffaloes. Dubbed "The Cowboys of the East", they are renowned for their horsemanship. Catch them every Sunday and on festive occasions at the picturesque Kota Belud "Tamu" when they deck up in their resplendent traditional costumes riding brightly decorated ponies.

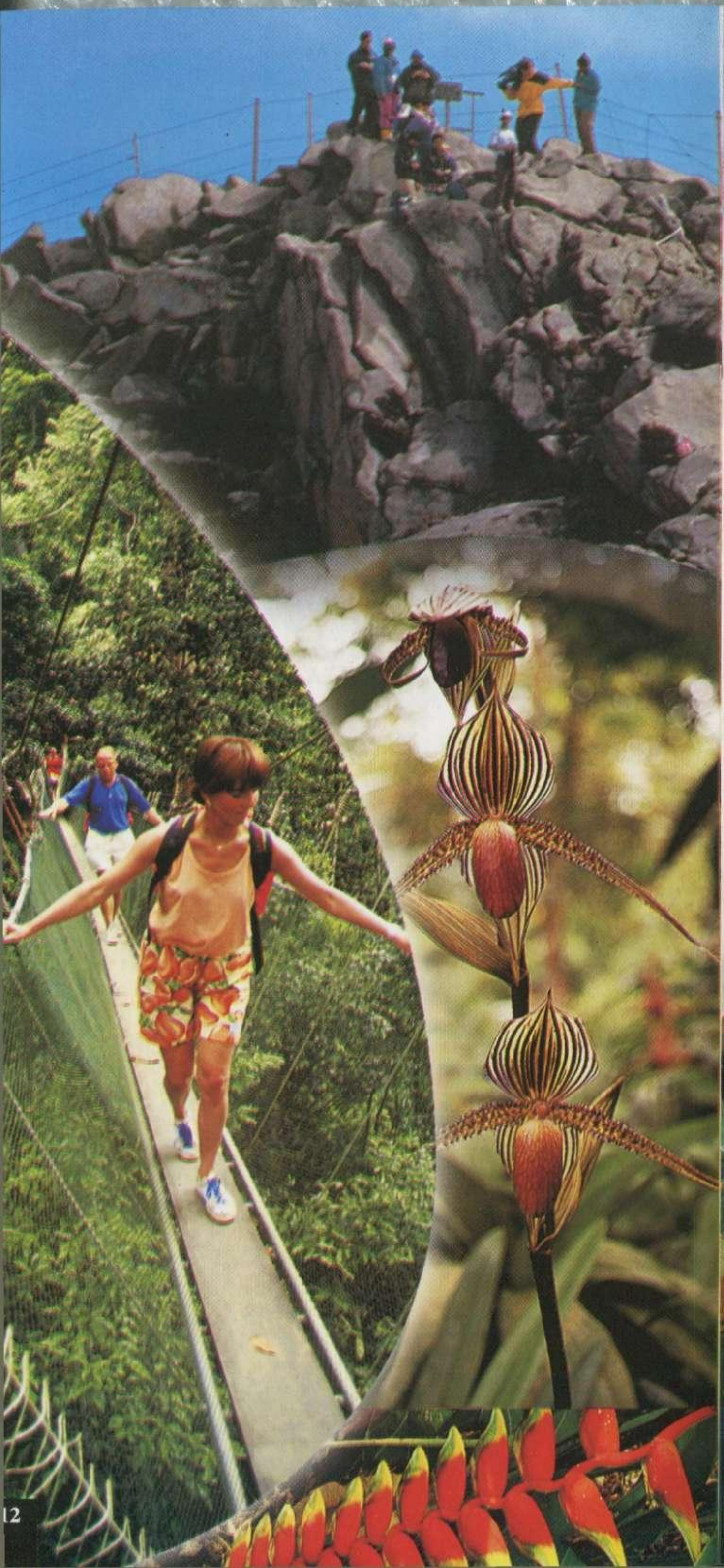




The Muruts reside mainly in the hinterland where many still live in traditional communal longhouses. Once feared for their head hunting, the Muruts are great hunters with spears, blowpipes and poisoned darts. It is a rare treat to join one of their weddings, famous throughout the land for their elaborate displays of bridewealth, dancing and feasting.

Probably the most popular festival in Sabah is the "Pesta Kaamatan". This is a Harvest Festival of the Kadazans/Dusuns celebrated in May, featuring traditional dances including one of the high priestess bobohizan in search of rice spirits in a trance. Other festivals include Hari Raya, celebrated by the Muslim community and Chinese New Year celebrated by the Chinese.







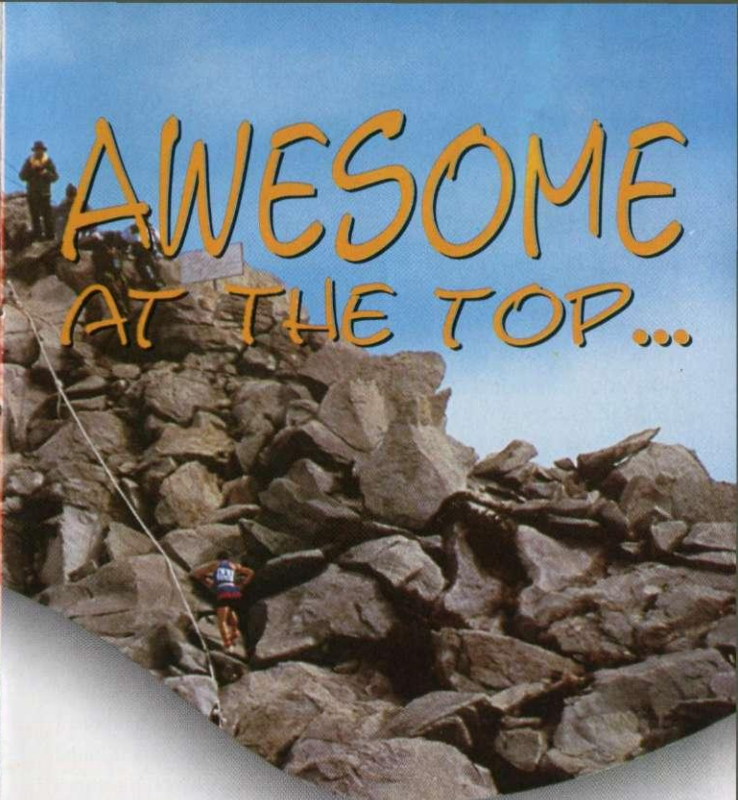
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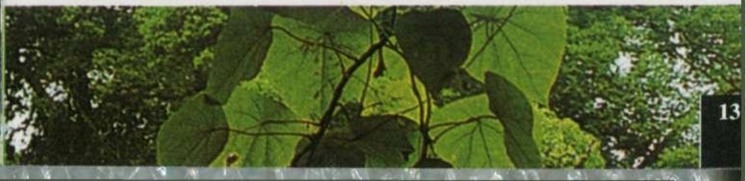
AWESOME AT THE TOP...



*S*abah presents the traveller with the highest challenge in Borneo – Mount Kinabalu, rising majestically into the sky at 4,095.2 m (13,432.26 ft). With its granite massif dominating the surrounding landscape at the peak, often shrouded in mists and clouds, Mount Kinabalu has an awesome mystique all its own. No wonder that, long ago, the Kadazans/Dusuns named it "Aki Nabalu" or "home of the spirits of the dead".

Good thing is, no climbing experience is required to conquer the peak of Borneo, if you take the main route to the summit. Watching sunrise at the top has been described by travellers everywhere as a life-enriching experience.

Mount Kinabalu is the main attraction in Kinabalu Park, which is less than 2 hours' drive from Kota Kinabalu. The road cuts and winds through lush countryside dotted with traditional village houses to give you an unforgettable scenic journey. Once in the Park, rejuvenate your body and mind at the Poring Hot Springs, a natural health spa where you can relax in open-air Japanese-style baths amidst a tropical rainforest setting.



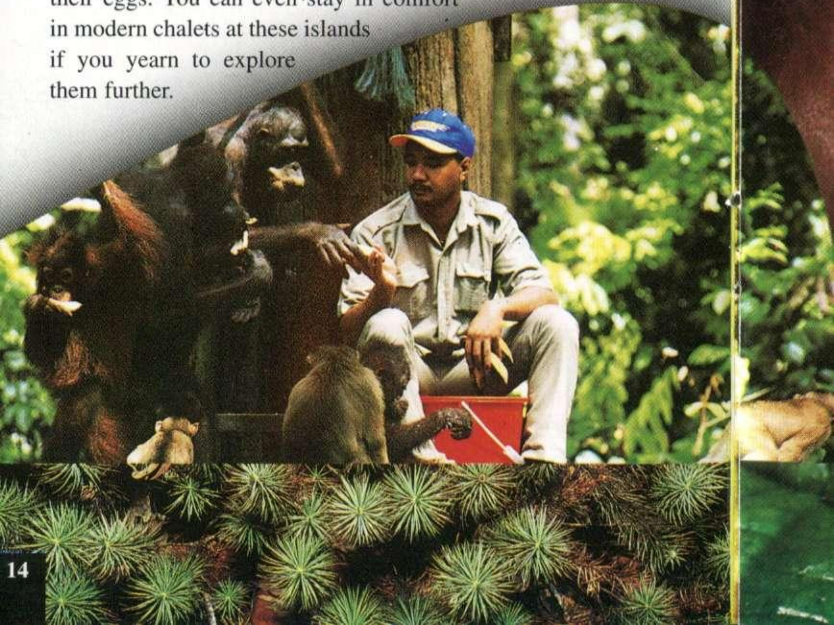
ADVENTUROUS ON THE GROUND...

*T*he rainforests in Sabah are some of the oldest in the world. Exotic flora and fauna abound. Wild orchids of every imaginable hue. Pitcher plants that gulp down insects and flies. And of course, there's the rafflesia, the largest flower in the world. Jungle trekking here is an opportunity of a lifetime to marvel at rare flora and fauna.

Take a river boat ride and catch the unique Proboscis monkey with its long pendulous red nose calling out to its mates. But the star of the rainforest here is undoubtedly the orang utan, also known as the "wild man of Borneo". You will find them swinging through the forest in Sepilok, the world's largest orang utan sanctuary.

Sepilok is only 15 minutes' drive from the east coast town of Sandakan. In this sanctuary, orang utans that have been abandoned by their mothers, or were formerly in captivity, are rehabilitated until fit enough to be returned to the wild. Watching these charming and entertaining mammals during feeding time is a sheer delight.

From Sandakan too, you can take a two to three hour boat ride to The Turtle Islands Park where you marvel at rare turtles laying their eggs. You can even stay in comfort in modern chalets at these islands if you yearn to explore them further.







For those who like to swim, snorkel or laze all day on a quiet, uncrowded beach of pure white sand under bright blue tropical skies, the five outlying islands of Kota Kinabalu await to capture your heart completely. Only about 15 minutes away by boat from KK, these off-shore islands have crystal-clear waters, sunny beaches and beautiful corals. If you go island hopping, you will find the beach of your dreams in one of them.

Back on mainland Sabah, you can explore many stretches of white, sandy beaches where the glorious, tropical sunset with its riot of colours is something not to be missed.



SPECTACULAR AT THE BOTTOM...

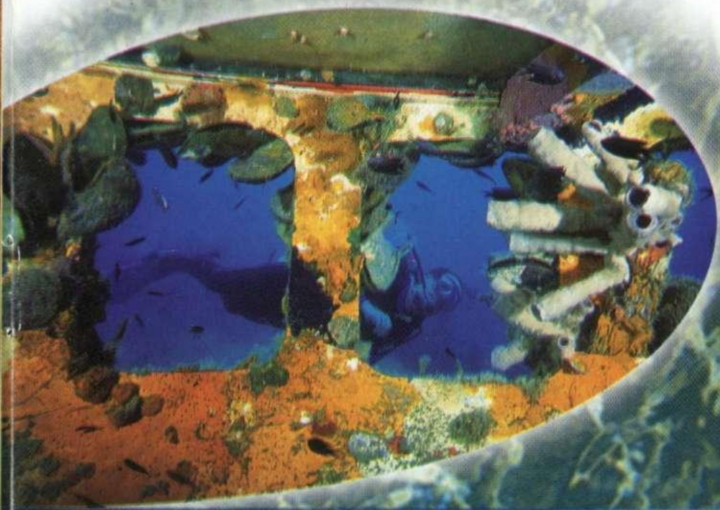


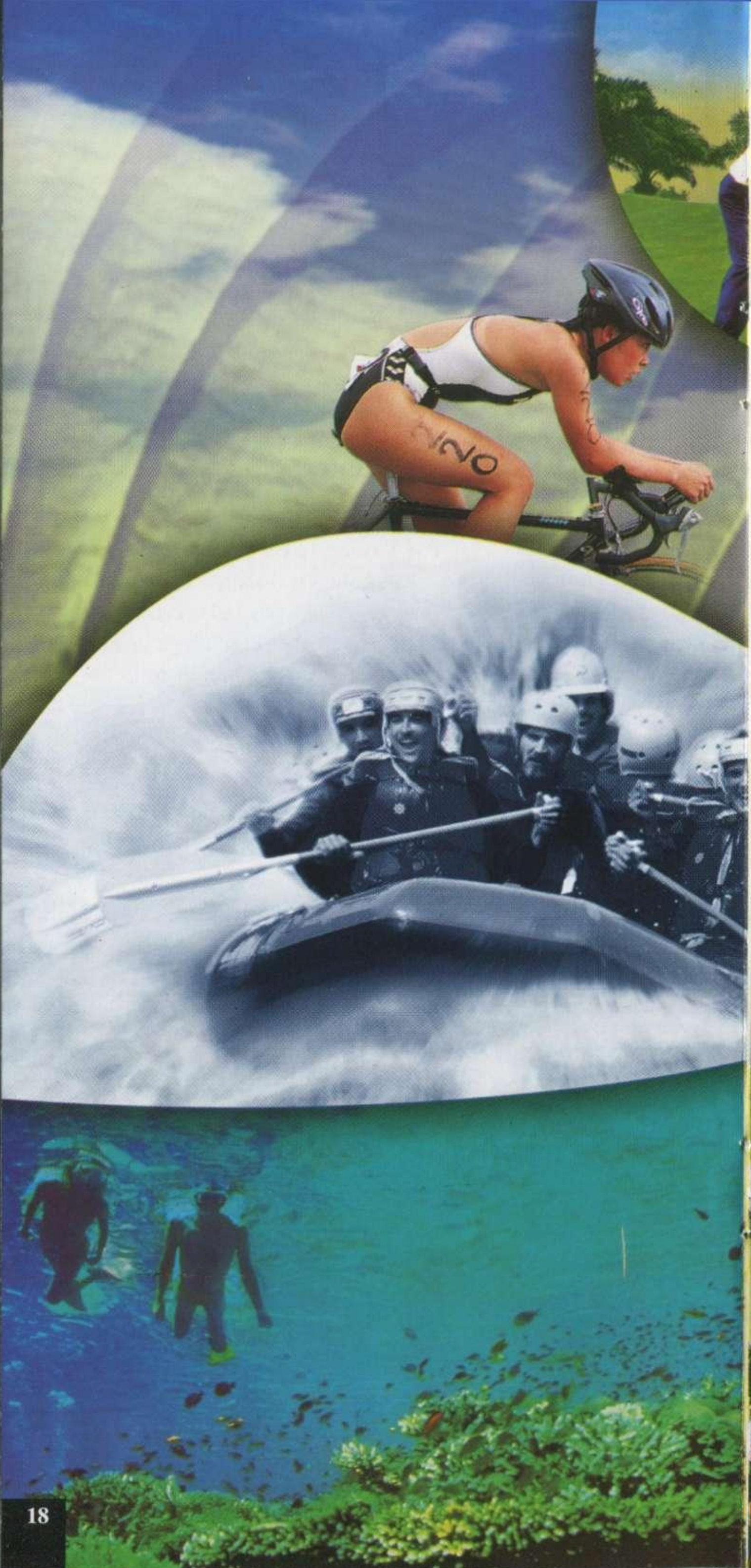


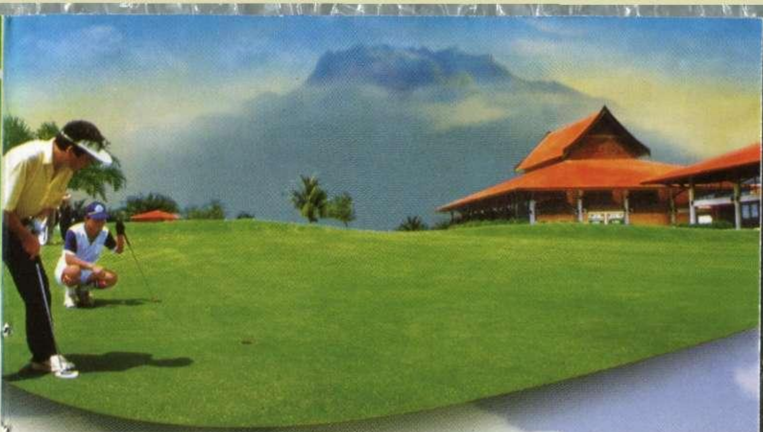
For the true diving enthusiast, the island of Sipadan, located off the east coast of Sabah, needs no introduction. Praised by the internationally renowned diver and filmmaker Jacques Cousteau as one of the best diving spots in the world, Sipadan is the only oceanic island (meaning not connected to the continental shelf) in Malaysia rising 2,000 ft (600 m) on a limestone pinnacle that "mushrooms" out near the surface. The abundant and stunning marine life will thrill and amaze you no end.

Another divers' favourite, The Layang Layang Atoll, is located 165 miles north west of Kota Kinabalu. Oval-shaped and blessed with clear blue waters, you can also windsurf, sail a catamaran, dive, snorkel, fish to your heart's content, then climb back on land and watch the thousands of migratory birds nesting there in this nature lover's paradise.

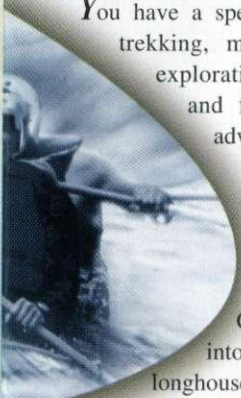
Other islands that have equally enchanted the diving fraternity are Mabul Island, known as home to the world's best "muck diving", a discovery that is gaining in popularity, and Langkayan Island, for its colourful world of macro marine life in over 20 dive sites that never cease to fascinate all visitors.







DO YOUR OWN THING IN THE LAND OF ECO-TREASURES.



*Y*ou have a special interest in mind? Whether it be jungle trekking, mountain biking, white-water rafting, cave exploration, mountain climbing, deep sea diving and fishing, Sabah will more than satisfy the adventurer in you.

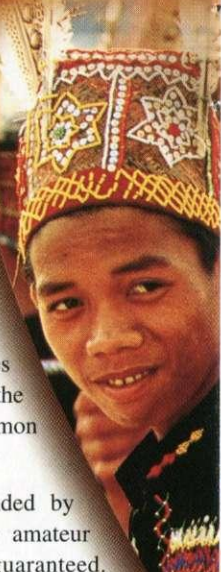
For the sports oriented, there are tennis and golf on land, and if you are into watersports, you can windsurf, waterski, or go yachting in the vast South China Sea.

Culture buffs will have a fine time venturing into the interior where you can visit traditional longhouses, join in the centuries-old festive celebrations, or experience the "tamu" (local market place).

These are just a few suggestions out of limitless possibilities in your pursuit of pleasure in the eco-treasures of Sabah, where you can throw all your cares to the wind and indulge in your every whim and fancy.





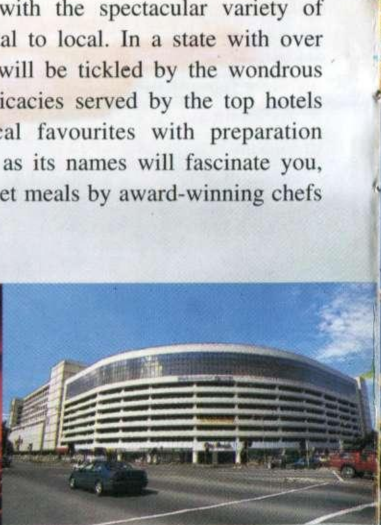


*I*n a land where its eco-treasures are as diverse as heaven and earth, the choice of accommodations are as endless. From 5-star resorts by leading hotel groups that offer you the latest amenities and facilities, to comfortable lodgings for the budget conscious, they all feature Sabah's common aspect of warm hospitality.

Signature championship golf courses surrounded by serene vistas greet the avid golfer, whether amateur or professional, a challenging game is guaranteed. Other facilities include a world-class marina for sailing enthusiasts, and the endless island accommodations available are always well equipped to provide all you need for snorkelling or diving. The wide spectrum of sports facilities ensures a vibrant holiday with activities to fill your every second.

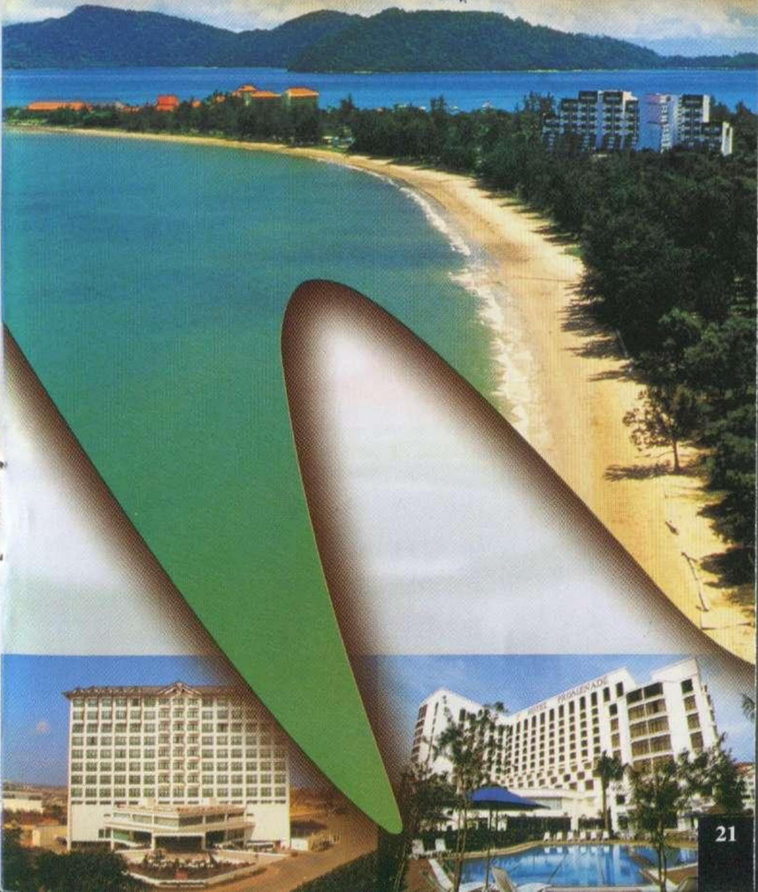
Gastronomic pleasures await with the spectacular variety of cuisine offered, from continental to local. In a state with over 30 ethnic groups, your palate will be tickled by the wondrous flavours found, whether in delicacies served by the top hotels or by the night market. Local favourites with preparation techniques that are as unusual as its names will fascinate you, while for elegant dining, gourmet meals by award-winning chefs are served at fine restaurants.







WHAT TO EXPECT.



WHERE TO STAY.

KOTA KINABALU
3 – 5 Star Hotels & Resorts

Berjaya Palace Hotel
Tel: 6-088 - 211911
e-mail: bphkk@b-palace.com.my

Beverly Hotel
Tel: 6-088 - 258998 / 255025
e-mail: khkk@po.jaring.my

Hyatt Regency Kinabalu
Tel: 6-088 - 221234
e-mail: mciid633584@mcimail.com
sahrkk@tm.net.my

Hotel Shangri-La
Tel: 6-088 - 212800
e-mail: kkshang@po.jaring.my

Likas Square Business Suites
Tel: 6-088 - 252233
e-mail: rensales@tm.net.my

Nexus Resort Karambunai
Tel: 6-088 - 411222 / 411030
e-mail: nexushtl@tm.net.my

Promenade Hotel
Tel: 6-088 - 265555
e-mail: promhtl@po.jaring.my

Shangri-La's Tanjung Aru Resort
Tel: 6-088 - 225800 / 241800
e-mail: star@po.jaring.my
tah@shangri-la.com

The Magellan Sutera Hotel & Spa
Tel: 6-088 - 312222 / 310005
e-mail: sutera@suterah.po.my

Tang Dynasty Hotel
Tel: 6-088 - 263389 / 251155 (Resv.)
e-mail: tdhhotel@tm.net.my

The Jesselton Hotel
Tel: 6-088 - 223333
e-mail: jesshtl@po.jaring.my

The Pacific Sutera Hotel
Tel: 6-088 - 318888
e-mail: sutera@suterah.po.my

KINARUT
3 – 5 Star Hotels & Resorts

Beringgis Beach Resort
Tel: 6-088 - 752333
e-mail: bbrpapar@tm.net.my

Borneo Golf Resort Berhad
Tel: 6-088 - 232350
Tel: 6-087 - 861888 (Bongawan)
e-mail: borneogolf@hotmail.com

KRK Mai Aman
Tel: 6088 - 912580 / 912117
e-mail: verus@pc.jaring.my

Langkah Syabas Beach Resort
Tel: 6-088 - 752000 / 751058 / 752604
e-mail: lsr@po.jaring.my

Seaside Travellers Inn (B & B)
Tel: 6-088 - 750555
e-mail: stinnjo@tm.net.my

Borneo Paradise Beach Resort
Tel: 6-088 - 752693 / 752666
e-mail: walai@po.jaring.my



TUARAN
3 – 5 Star Hotels & Resorts

Club Sabah Golf & Beach Resort
Tel: 6-088 - 787799
e-mail: clubsabah@hotmail.com

Shangri-La's Rasa Ria Resort
Tel: 6-088 - 792777
e-mail: rrr@po.jaring.my

Sabandar Bay Resort
Tel: 6-088 - 787722
Tel: 6-088 - 257722
(K.K Sales Office)

Island Resort

Gayana Resort Bay Sdn. Bhd.
Tel: 6-088 - 264461 / 245158 / 245168
Tel: 6-088 - 301131 (Island)
e-mail: gayana@tm.net.my

KOTA KINABALU
2-Star & Below

Ang's Hotel
Tel: 6-088 - 234999 / 254466
e-mail: angshotel@hotmail.com

Asia Hotel
Tel: 6-088 - 238533

Airport View Hotel
Tel: 6-088 - 251919

Borneo Resthouse
Tel: 6-088 - 718855

Bilton Inn
Tel: 6-088 - 245577

Casuarina Hotel
Tel: 6-088 - 221000
e-mail: casuarin@tm.net.my

Century Hotel
Tel: 6-088 - 242222

City Inn
Tel: 6-088 - 218933 - 6

City Park Inn
Tel: 6-088 - 260607 / 8

Diamond Inn
Tel: 6-088 - 261222

Full Hua Hotel
Tel: 6-088 - 234950 / 1 / 2

Golden Inn
Tel: 6-088 - 211510 / 211581

High Street Inn Sdn. Bhd.
Tel: 6-088 - 218111

Hotel Capital
Tel: 6-088 - 231999

Hotel Deleeton
Tel: 6-088 - 252222

Hotel Holiday
Tel: 6-088 - 213116

Hotel Holiday Park
Tel: 6-088 - 712311
e-mail: kcw@pc.jaring.my
wyh3733@tm.net.my

Hotel Pertama
Tel: 6-088 - 255932 - 5

Hotel Somido
Tel: 6-088 - 215264

Kinabalu Daya Hotel
Tel: 6-088 - 240000

Kinabalu Hotel
Tel: 6-088 - 245599

Malar Hotel
Tel: 6-088 - 262333

Mandarin Hotel
Tel: 6-088 - 225222

Metro Hotel
Tel: 6-088 - 223868

May Plaza Hotel
Tel: 6-088 - 215417 / 8

Nan Xing Hotel
Tel: 6-088 - 239388

New Sabah Hotel
Tel: 6-088 - 224648

Pantai Inn
Tel: 6-088 - 219221

Park Hotel
Tel: 6-088 - 235666

Promenade Hotel Apartments
Tel: 6-088 - 260888
e-mail: promhtl@po.jaring.my

Rafflesia Hotel
Tel: 6-088 - 239645 / 239652

Rakyat Hotel
Tel: 6-088 - 211100 / 3 / 222715

Ruby Hotel
Tel: 6-088 - 213222

Sabah Inn
Tel: 6-088 - 253322

Sadong Jaya Hotel
Tel: 6-088 - 268823 / 4

Sinsuran Inn
Tel: 6-088 - 215799
e-mail: sinsuraninn@hotmail.com

Town Inn
Tel: 6-088 - 225823

Victoria Hotel (K.K)
Tel: 6-088 - 218511

Wah May Hotel
Tel: 6-088 - 266118 / 9

Homestead Inn
Tel: 6-088 - 243222

KUNDASANG
Mountain Lodges & Resorts

Retreat Centre
Tel: 6-088 - 420087

Haleluyah Retreat Centre
Tel: 6-088 - 423993 (H) / 242433 (O)

Kinabalu Nature Resorts S/B
Tel: 6-088 - 243629 / 245742
Tel: 6-088 - 889396 (Kinabalu Park)

Rina Ria Lodge
Tel: 6-088 - 889282 / 238751

Sonny's Cottage
Tel: 6-088 - 889277 / 750555

Fairy Garden
Tel: 6-088 - 889688

Kinabalu Rose Cabin
Tel: 6-088 - 889233

Mt. View Motel B/B
Tel: 6-088 - 889819

United Merlin Resort
Tel: 6-088 - 889366

Zen Garden Resorts
Tel: 6-088 - 889242 / 3 / 4 / 52
e-mail: zen@po.jaring.my

Mesilau Nature Resort
Tel: 6-088 - 243629 / 245742

Golden Kundasang Highlands
Tel: 6-088 - 889480

Perkasa Hotel Mt. Kinabalu, Kundasang
Tel: 6-088 - 889511
e-mail: perkasa@tm.net.my

Kinabalu Pine Resorts S/B
Tel: 6-088 - 889388 (Kundasang) /
262233 (Sales Office)

SANDAKAN
3 – 4 Star Hotel

Renaissance Sandakan Hotel
Tel: 6-089 - 213299
e-mail: renkkso@tm.net.my
rensales@tm.net.my

Hotel Sandakan
Tel: 6-089 - 221122
e-mail: tengis@tm.net.my

2-Star & Below

Hotel City View
Tel: 6-089 - 271123

Hotel Hsiang Garden
Tel: 6-089 - 273122

Hotel Lee Gardens
Tel: 6-089 - 273600

Hotel Nak
Tel: 6-089 - 272988

Hotel Ramai
Tel: 6-089 - 273222

Resort Lodge
Tel: 6-089 - 218644

Sanbay Hotel
Tel: 6-089 - 275000
e-mail: sanbay@po.jaring.my

Sibuga Resort (Sandakan) S/B
Tel: 6-089 - 671442 / 3

LAHAD DATU

Borneo Rainforest Lodge
Tel: 6-088 - 243245 / 244100
e-mail: ijl@po.jaring.my
tourism@ysnet.org.my

SEMPORNA
2-Star & Below

Arung Hayat Resort
Tel: 6-089 - 782526

Dragon Inn
Tel: 6-089 - 781088

TAWAU
2-Star & Below

Belmont Marco Polo Hotel
Tel: 6-089 - 777988
e-mail: bmph@tm.net.my

Hotel Emas
Tel: 6-089 - 762000

Merdeka Hotel
Tel: 6-089 - 776655

The Millenium Hotel
Tel: 6-089 - 771155

LABUAN
3 – 5 Star Hotels

Manikar Beach Resort
Tel: 6-087 - 418700 / 418711

Mariner Hotel Labuan
Tel: 6-087 - 418822

Sheraton Labuan Hotel
Tel: 6-087 - 422000

Tiara Labuan Hotel
Tel: 6-087 - 414300

Waterfront Financial Park Hotel
Tel: 6-087 - 418111

For more information, please contact:

Sabah International Hotel Association (SIHA)
e-mail: johnlo_tf@hotmail.com

Sabah Hotel Association (SHA)
website: www.borneo-online.com.my/hotel

Sabah Holiday Lodges Association (SHOLA)
e-mail: verus@pc.jaring.my

TIPS ON ECO-PARADISE.



Climate:
Equatorial/Tropical

Average Temperatures:
Lowlands – 32 degrees Centigrade.
Highlands – 21 degrees Centigrade.

Currency:
Malaysian Ringgit (RM). Travellers cheques and foreign currencies can be changed for Malaysian Ringgit at banks and hotels. Most major hotels charge a nominal fee for currency conversion.

Major Credit and Charge Cards:
VISA, MasterCard, American Express, Diners Club

Banking Hours:
Mondays to Fridays – 10 am till 3 pm

Local Time:
Standard Malaysian Time is 8 hours ahead of GMT.

Electricity:
240 volts AC/50-Cycle system

Language:
Bahasa Malaysia is the national language. However, English is widely spoken.

Entry Requirements:

1. A valid passport (and visa wherever applicable) is required.
2. A Social or Tourist Visit Pass does not permit the holder to take up employment, business or professional work in Malaysia.
3. The Business Visit Pass allows foreign visitors to enter the country for business negotiations or inspection of business premises. These passes however, cannot be used for employment purposes or for supervising the installation of new machinery or the construction of a factory.
4. No fee is charged for a Business Visit Pass issued for a period of up to three months. A fee of RM5 is imposed for each month thereafter.

For more information, please contact:

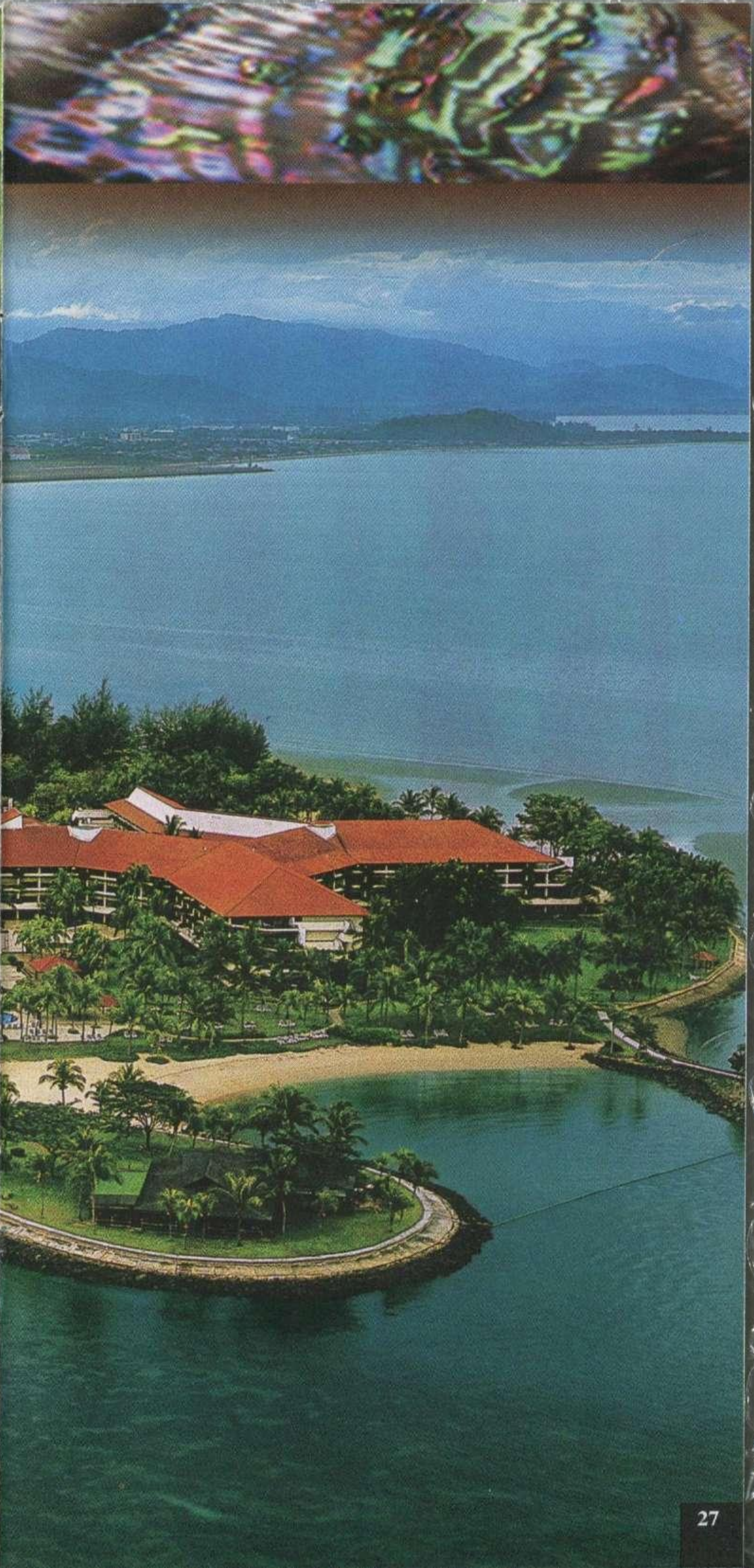
Sabah Tourism Promotion Corporation (Sabah Tourism)

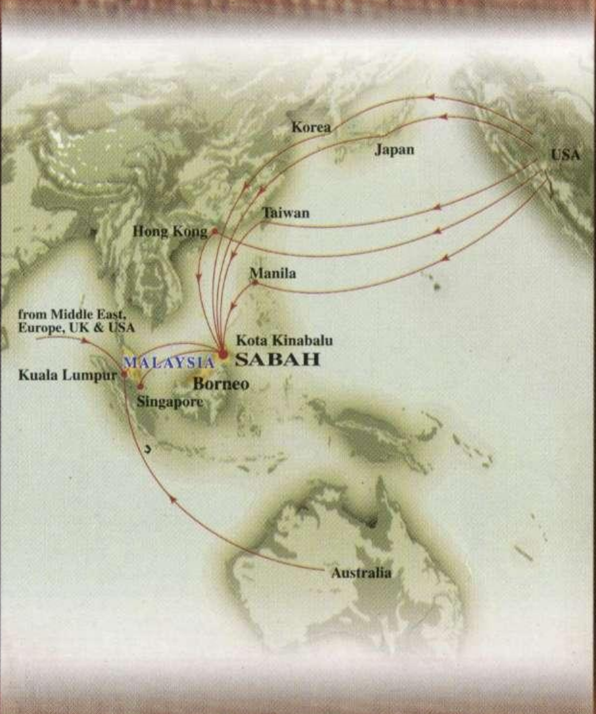
or in your country:

The Malaysian Diplomatic Mission, Tourism Malaysia office, Malaysia Airlines, or your favourite tour operator.



Trafficking in illegal drugs carries the death penalty.





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Published by Sabah Tourism Promotion Corporation
Printed by Tourism Malaysia with Cooperation of STPC (Mei 2003)